



FC Barrington Goalkeeper Curriculum and Philosophy for U15-U18

Head Goalkeeper Coach: Ryan Frisbie

Philosophy:

At the ages of 15-18, the player is a “full time” goalkeeper, this means he or she is in playing in goal for all of the game. The Goalkeeper at this age is going to begin to take their game to the next level; they have to be aware of all the aspects of the game. First part knows how to read the game. Second, being prepared for all situations that a game may have, and as a keeper how you deal with them. Third, increasing their speed of play through footwork and technique, it is important for these skills to be sharp and refined to a high level.

Goalkeeper Training:

Goalkeeper training is designed for those who have a vested interest in the position. The goalkeepers will be trained at a level in which they can increase the skills at every part of their game. Each age group should have 1 or 2 keepers available for this level.

Technical:

- Principals of goalkeeping (paying attention to detail)
- Footwork, set position, general handling techniques
- All Diving techniques, collapse, step and save, set power and save
- Narrowing the Angle
- Shot stopping, catch or deflect, recovery saves
- Advances reaction practices
- Dealing with Crosses, unopposed and opposed, working with defensive unit, function/small sided crossing games
- Distribution- dealing with the pass back(when to decline it, when to ask for it) Keepers will be required to use their feet a lot during the game so first touch preparation will be taught and emphasized through out the trainings.

Tactical:

- Distance support, playing off their line, recognizing pressure on and off the ball
- Decision making, last line of defense – first line of attack presence
- Organization of the defense
- Organization of set pieces
- Game related practices, small sided, 11v11 (this will be done when available to the coaches)
- Problem solving

Psychological

- Application/attitude
- Coach ability
- Composure
- Concentration
- Consistency
- Criticism (inside and outside)
- Desire, determination, a winning mentality
- Personal goal setting

- Patience

Fitness:

- Warm up and cool down
- Goalkeeping specific stretching, flexibility and mobility
- Footwork exercise
- Recovery exercises
- Agility exercises
- Plyometric exercise
- Speed (20 yard maximum)